


Halloween Treats without a Trick

Feeling frightened by Halloween?

Are you haunted by the thought of never-ending Halloween treats? Halloween does not have to sabotage your weight management efforts. Use the following tips to create a weekly action plan for Food, Body and Mind. Enjoy the chills and thrills of Halloween, while continuing to stay focused on your program and meet your health and weight loss goals.

FOOD



1. Remember that Halloween is a **holiday**, not a **holiweek** or **holimonth**. Treat yourself to a “splurge” on Halloween or the day of the party, and then get back on track with your weekly plan. Check out the box on the back of this tip sheet to create a candy mini-bag for your “safe” Halloween splurge.
 2. To reduce temptation, wait to open the first bag of Halloween candy until trick-or-treaters arrive at your door.
 3. Slip on a silly or scary Halloween mask or costume. You’ll have fun and be less likely to sneak in candy.
 4. Hand out individually decorated packages of non-sugary treats, such as pumpkin seeds, animal crackers and sugar-free gum. Keep a snack dish of crunchy fresh vegetables with low-fat dip by the door for you to nibble on instead of the trick-or-treat candy.
 5. Pop in a movie and enjoy a bag of Jenny’s Cuisine® **White Cheddar Popcorn** while waiting for trick-or-treaters to arrive at your door. This will help to distract you from the candy bowl, while you enjoy a low-fat, portion-controlled snack.
 6. If you have extra candy after the last trick-or-treater is gone, bag it up right away and take it to work or give it to the neighbors.
 7. If you are going out with your children to trick-or-treat, be sure to eat your Jenny’s Cuisine® before you leave the house. This way you won’t be hungry and tempted to eat candy.
 8. Take the focus off food and focus on enjoying activities with your children:
 - Decorate the house with Halloween decorations such as pumpkins and corn stalks.
 - Carve pumpkins into funny faces and spooky frowns.
 - Dress up in costume as a character from your favorite Halloween movie.
 9. Record your body’s physical hunger/satisfaction signals on your menu to self-monitor your internal signals. Use those signals to help rate the value of an unplanned Halloween treat.
 10. Purchase candy that isn’t your favorite and give it all away so you aren’t tempted by any leftovers.
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BODY

1. Activity is always more fun with buddies. Take the kids trick-or-treating with a group of friends or family members and count your steps rather than your treats using your *Jenny Craig Pedometer* clipped on your belt.
2. Have fun with your physical activity:
 - Listen to music while you do housework.
 - Take a walk around the neighborhood with the children to look at all the Halloween decorations.
 - Hike a new mountain trail and enjoy the fall colors.
3. If you can't find time for 30 minutes of activity, break up your routine into three 10-minute bouts. Here are some easy ideas for a quick 10-minute workout:
 - Use your *Let's Walk It Off DVD* while you wait for trick-or-treaters.
 - Use your *Resistance Cords Kit* while you watch Halloween movies in your living room.
 - Put on your *2-Pound Hand Weights* while you take a brisk walk around the neighborhood.
4. Record your "Activity Plan for the Week" on your menu to help you stay motivated and focused on your goals.
5. Enjoy the beauty of fall while raking leaves, doing yard work or gathering pumpkins and apples for Halloween decorations.

MIND

1. Set reasonable goals. If you have a sweet tooth, enjoy candy in moderation. Your goal may be to eat a few pieces of Halloween candy and make sure you have no leftover candy to tempt you.
2. Set a new mindset affirmation (e.g., Today, I take another step toward my healthy lifestyle). Record your affirmation on your menu and review it daily.
3. Your Jenny Craig Consultant will help you plan strategies to prevent a lapse this Halloween. Write your plan on your menu and your Jenny Craig Holiday Calendar to help you stay focused on it.
4. Weigh the "pros and pros." List the pros of indulging in the Halloween goodies and compare it to your list of the pros of staying with your weekly plan.
5. Remember to keep track of your "Wins for the Week" on your menu and celebrate your healthy choices!

Halloween Candy Mini-Bag "Splurges" that equal 250 calories	Fall Activities That Will Burn ~250 Calories (based on a 200 lb person)*
1 Caramel Apple Pop, 3 Tootsie Roll midgies, 1 Nestlé Crunch miniature bars, 2 Nestlé Butterfinger miniature bars	Raking leaves – 40 minutes
2 Snickers miniature bars, 1 Tootsie Roll Pop, 2 Bit-O-Honey Chews, 1 Nestlé Butterfinger miniature bar	Carving pumpkins – 50 minutes
1 DOTS mini box, two 3 Musketeers miniature bars, 1 Kit Kat miniature bar	Walking with trick-or-treaters (4.0 mph) – 30 minutes. Due to bouts of standing and waiting, plan to be out for 60-90 minutes.
2 Dove Brand miniature chocolates, 2 JOLLY RANCHER candies, 2 Starburst fruit chews, 1 Reese's Peanut Butter Cup miniature	Running (6 mph) – 15 minutes
1 YORK Peppermint Pattie, 1 GOOD & PLENTY snack size box, 1 Kit Kat miniature bar	Dancing – 50 minutes

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*Blair SN, Dunn AL, Marcus BH, et al. *Active Living Every Day: 20 Steps to Lifelong Vitality*. Champaign, IL: Human Kinetics, 2001.